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## SCORING BIG

SACKVILLE'S JAMES SHEPPARD GEARING UP FOR ANOTHER SEASON WITH SHARKS

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## Making good

Breaking Bad's Bryan Cranston beat out Matthew McConaughey for best actor in a drama at the Emmys

PAGE 14

## 'He taught us all by his actions'

Friends and family remember fiddler Buddy MacMaster, who died at age 89

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Federal Liberal Leader Justin Trudeau, left, gets tagged with a left by Mickey MacDonald, a Halifax-area entrepreneur and philanthropist, at Palooka's Gym in Bedford on Monday.

ANDREW VAUGHAN/THE CANADIAN PRESS

# Political jabs of a different kind

## Getting physical.

Liberal leader Justin Trudeau spars with Halifax business owner, garners out-of-ring support



HALEY  
RYAN

haley.ryan@metronews.ca

Justin Trudeau circled the boxing ring with his red gloves up, jabbing out at Mickey MacDonald as the pair was reflected in a large mirror opposite the ring.

Punches came hard and fast for the three rounds at Palooka's Boxing Club in Bedford on Monday, one of MacDonald's multiple local businesses, as Trudeau and the former competitive boxer traded face jabs and MacDonald landed one on the Liberal leader's back.

Despite a competitive feeling about the match, both men were all smiles after the final bell rang.

"He's pretty good for a guy from the other side of the tracks," MacDonald told reporters as he leaned over the ropes.

"I've been fighting all my life, either in the street or in the ring or in the business, so it's all about staying in shape and keeping your focus."

Although MacDonald supported Stephen Harper when he ran for prime minister eight years ago, The Chicken Burger owner said it's time for someone different to step up.

"I think Justin is the change we need," he said.

"We need some younger thinking, we need some new ways of looking at things."

MacDonald said the current government is "getting complacent" and not listening to what Canadians want.

"I think it's time we put somebody in office that will," he said.

Despite the blows, MacDonald said the match was all in fun and "nobody was getting hurt."

Trudeau, dressed in black shorts and a black tank that

## Right in the kisser

Not everyone was a fan of Justin Trudeau's boxing appearance in Bedford. On Monday, NDP MLA Maureen MacDonald tweeted: "Thinking of taking up boxing. Apparently it's a political asset. What do you think aspiring women politicians?"

showed off a tattoo on his left arm, spoke with kids from the non-profit Family SOS, which aims to support local families, about the importance of keeping in "mental shape" by sticking to a game plan and not losing your cool.

"It's about can you keep your head under pressure," he told the kids watching the match. A few hours before the sparring began, Trudeau spoke at a breakfast hosted by the Bridgewater and Area Chamber of Commerce before meeting with municipal leaders in Lunenburg to talk infrastructure.



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**Peggy's Cove Road**

## Motorcyclist dies after losing control

Police in Halifax were investigating a fatal motorcycle accident on Monday night.

The RCMP say a man died due to injuries sustained after he lost control of his motorcycle while driving on Peggy's Cove Road around 8 p.m.

The road was closed for several hours between Peggy's Cove and West Dover as police investigated the single-vehicle crash.

RCMP Staff Sgt. Amy Matchett said she had few details about the accident, including the age of the victim. **METRO**

**Tropical storm**

## Cristobal expected to stay away from Nova Scotia

The third named storm of Atlantic hurricane season formed in the Caribbean on the weekend.

Tropical storm Cristobal was expected to turn into a hurricane but remains far offshore as it heads northeast.

The storm's projected path takes it hundreds of miles east of Nova Scotia by Friday.

The province was already slammed by the first named storm of the season.

Across the Maritimes, post-tropical storm Arthur knocked over thousands of trees onto roofs and power lines in July.

**KING'S COUNTY REGISTER**

# Weather not worth whining over: Expert

## So-so summer?

Top forecaster says July and August have been good to us



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

The weather this summer hasn't reached the record-breaking extremes of the last two years, but Environment Canada's top meteorologist says Nova Scotians have nothing to complain about.

"You're being greedy if you're complaining about the weather this summer," said David Phillips on Monday.

Phillips said the temperature so far in August has averaged 18.6 C — almost bang on the normal of 18.5 C.

That's well below the 20.3 C recorded in July, which was also abnormally humid, and more than a degree lower than in the last two years, possibly feeding a distorted perception of a not-so-great summer.

"It doesn't seem like much, but it's a huge amount," said Phillips, noting the last two summers were abnormally hot and dry. "One degree can make the difference between people saying, 'This was one of the warmest summers on record,' or, 'This was so-so.'"

Although the summer got off to a slow start, at least one weather-dependent local business says the num-



Anderson McEachine cools off in a fountain along the Halifax waterfront on Monday afternoon.  
STEPHANIE TAYLOR/FOR METRO

bers rebounded nicely.

Grandview Golf Course general manager Gavin Fitzpatrick said business was down by about 40 per cent in May. Over the last three months, he said he's seen higher than average turnout — particularly in the cooler mornings and evenings.

"Golf is a strange sport at times, you have to have that perfect temperature," said Fitzpatrick Monday. "When it's 10 C or less, the golfers

don't come and when it's 35 or more, they tend not to come either."

If the good weather per-

sists, Fitzpatrick said the course could be open well into November, and Phillips said the forecasts look good.

**Fall**

Environment Canada's models suggest that September and October will also be warmer and drier than normal.

- "We seem stuck on this milder than normal," said Environment Canada David Phillips. "The fall looks, from all early indications, very favourable."

1 NEWS

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Following the funeral for Buddy MacMaster, pallbearers Gerald Beaton, Gerald Brennan, Kevin MacMaster, Wade MacNeil, Mark MacDonnell and Trevor MacInnis carry his casket to the waiting hearse outside St. Andrews Church in Judique, Monday. LAURA JEAN GRANT/CAPE BRETON POST

# 'We would do well to imitate him'

**Buddy MacMaster.**  
Fiddling legend  
remembered as great  
musician, kind person

It was a road Buddy MacMaster would have travelled often as a busy musician and, in a fitting tribute, a section of Route 19 in his hometown of Judique came to a standstill as the fiddling legend was laid to rest Monday.

Following the funeral for Hugh Allan (Buddy) MacMaster, who died last week at the age of 89, traffic stopped for sev-

eral minutes as a procession of family, friends and fellow musicians walked the short distance from St. Andrew's Roman Catholic Church to the cemetery.

They were led by several island bagpipers and members of both the Judique Volunteer Fire Department and Knights of Columbus, who also formed an honour guard outside the church prior to and following the funeral.

A man of great faith and a musician of great talent, MacMaster was remembered in prayer and in song Monday. The church was at capacity for the funeral with approximately

350 people filling the pews and also standing at the back of the church. Some also gathered at the community centre across the street where a live feed of the funeral could be heard.

Father Allan MacMillan described MacMaster as an extraordinarily kind man.

"Happy are the gentle and when we think of Buddy we certainly think of gentleness," he said.

MacMillan said all those who knew MacMaster were the better for it.

"Today we rejoice in the fact that we had Buddy with us for almost 90 years," he said. "He taught us all by his actions. We would do well to imitate him."

A family man, it was no surprise that MacMaster's family played a prominent role at the funeral, with five of his nephews and his son-in-law serving as pallbearers, and several nieces, nephews, and cousins doing readings, and playing hymns.



Buddy MacMaster THE CANADIAN PRESS FILE

His four granddaughters, Sarah, Elizabeth, Annie and Mary Catherine, carried the offertory to the front of the church.

As the mass came to an end and the casket was carried out, his nieces Natalie MacMaster and Andrea Beaton, and her parents, Kinnon and Betty Lou Beaton, a sister of MacMaster's, played a selection of fiddle tunes. CAPE BRETON POST

## Quoted

"I consider Buddy, in the context of Cape Breton fiddlers and Cape Breton musicians, it's like losing Elvis Presley or John Lennon, or somebody like that, to us."

Stan Chapman, renowned fiddler

## Dartmouth

### Three charged in drug busts

Police have arrested three people in two separate drug searches in Dartmouth.

Around 6 p.m. Thursday, officers with Halifax police's guns and gangs unit searched an apartment in the 0-100 block of Primrose Street and allegedly seized hydromorph-

one, drug paraphernalia and cash. A 51-year-old man was arrested and is facing a charge of possession of a controlled substance for the purpose of trafficking.

About two hours later, the unit searched an apartment in the 0-100 block of Churchill Court where they allegedly found a quantity of crack cocaine, drug paraphernalia and cash. Anthony Fraser, 23, and a 56-year-old man were

arrested without incident and each face a charge of possession of a controlled substance for the purpose of trafficking.

METRO

## Sackville

### Arrest made after pawn shop break-in

A 26-year-old man from Sackville is facing numerous

charges after a break and enter at a local pawn shop.

Lower Sackville RCMP, along with a K9 team, responded to a call about suspicious activity inside a pawn shop on Sackville Drive around midnight. Police say a man was arrested at the scene.

Richard Perry MacIntyre is facing charges of break and enter, theft under \$5,000, weapon possession, mischief and breach of probation. METRO

# Cellphone's GPS signal helps rescue injured hiker

**Never leave home without it.** Police commonly use cellphone signals to locate missing persons, spokesman says

A 45-year-old man, now safe in hospital after being rescued from a disastrous hike, is probably glad he was carrying his cellphone.

Halifax police said the man was hiking a trail around the area of Chain Lake Drive near Kent building supplies Sunday evening when he injured his ankle and was unable to move.

Halifax Regional Police spokesman Const. Pierre Bourdages said officers were able to track the man's whereabouts using his cellphone's GPS signal after he called 911.

"Every recent phone is GPS enabled," Bourdages said. "With the signal, phone companies are able to triangulate a person's location."

Bourdages explained that police commonly use cellphone signals as a way to locate mis-

sing persons, but it is not a fool-proof method.

"The radius could be extremely vague," Bourdages said, describing that at times, coordinates can be to up to 1,000 metres off from a person's exact location.

However, it still gives police a starting point.

With the help of K9 unit, police found the man about 100 metres in the woods over an embankment. Police say firefighters had to bushwhack an estimated 200-metres to bring the man back onto a roadway.

Bourdages said that a cellphone is one of the most crucial items people should pack if they plan on heading into the great outdoors, along with water and a first aid kit.

"That way if something does happen it gives you a way to reach out," he said.

Bourdages said that had the man been without his phone, he wouldn't have been able to call 911 and would have relied on someone having to report him missing in order to begin a search.

STEPHANIE TAYLOR/FOR METRO



## Hula-hooping in the heat

A circus performer shows off her hula-hooping skills on the Halifax waterfront on Monday. It was a great day to be on the waterfront, with temperatures reaching 25 C. STEPHANIE TAYLOR/FOR METRO

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# Stephen Harper joins the search for a piece of Canadian history

## Franklin expedition.

PM, during his tour of the North, gets a look at the tools being used to solve the mystery of doomed 1845 voyage

The final resting place of the lost ships of the Franklin expedition may remain a mystery for at least another summer.

A thick pack of sea ice is blocking a key part of the search area, making it inaccessible to ships.

The two ships of Sir John Franklin's doomed 1845 expedition — HMS Erebus and HMS Terror — are believed to be somewhere in the Victoria Strait off the west coast of King William Island, perhaps as far down as the Queen Maud Gulf off the Adelaide Peninsula.

Ryan Harris, an underwater archeologist who is one of the people leading the Parks Canada search, says it's only a matter of time before the remnants of the expedition are found.

Four vessels are leading the search this summer, and Prime Minister Stephen Harper, who is on his annual tour of the North, got a first-hand look at some of the tools being used.



Prime Minister Stephen Harper stands on the bow of the HMCS Kingston as it sails in the Navy Board Inlet on Sunday. ADRIAN WYLD/THE CANADIAN PRESS

He boarded a naval vessel at Pond Inlet that travelled west to Eclipse Sound. Upon arriving at a picturesque spot surrounded by ice-capped mountains, Harper and his wife, Laureen, got in a Zodiac and motored out to one of two gigantic icebergs towering in the water.

The prime minister then helped lower an autonomous underwater vehicle into the frigid water.

It was the closest Harper had ever been to an iceberg.

"I've never been that close to a big chunk of ice. It's huge," he said. "That was great. Really exciting."

Harper said the lost Franklin ships are an iconic piece of Canadian history.

"It ultimately isn't just a story of discovery and mystery and all those things — but it's also really laying the basis for what's in the longer-term Canadian sovereignty," he said.

"Because it's a mystery, and we've got to solve it."

THE CANADIAN PRESS



## Tranquilizer put to use to catch loose moose

A young moose stands behind a window in an administration building of Siemens in Dresden, Germany, on Monday. The moose evaded capture before getting stuck inside an office building, tantalizingly close to the canteen. A spokesman for the Dresden police said the young bull walked into the building housing German industrial giant Siemens shortly before lunch. Marko Laske said officers and wildlife officials spent six hours trying to shoo the moose into a container, but eventually had to resort to using a tranquilizer gun after he refused to follow orders. The animal, likely to have come from neighbouring Poland, will be released back into the wild. Scan the photo with your Metro News app to see a video of the stuck moose. ARNO BURGI/DPA/THE ASSOCIATED PRESS

## Ontario university newspaper's 'stalk' your TA article called a 'how-to' for sexual harassment

A suggestion that students should "stalk" graduate teaching assistants to get a date with them has landed Western University's student newspaper in hot water.

The editor-in-chief of the Western Gazette in London, Ont., is standing by his frosh week issue and refusing to apologize, despite an explosion of anger on social media.

Under the heading "do your research," the Gazette article says: "Facebook stalk and get to know your TA."

Editor-in-chief Iain Boekhoff insists the article isn't sexist and is part of a humorous section of the paper, but others are offended by the piece, and continue to demand an apology.

London marketing pro-

fessional and cartoonist Diana Tamblyn said she was "appalled."

"It's a step-by-step breakdown about how you would get the attention of your teaching assistant if you have a crush on them in class, and it's in the special frosh week edition of the Gazette," she said. "If you're talking about sexual harassment on campus as a how-to list, this is a real problem that exists every day."

Tamblyn wants the article disposed of, online and in print, and an official retraction.

Western University's Janice Deakin, provost and vice-president academic, has written to the Gazette to express her displeasure with the teaching assistants article.

"Not only does the spirit

of the article run contrary to Western's efforts to have a workplace and learning environment that is free from sexual harassment," she wrote, "it is disrespectful of the essential contribution graduate teaching assistants make to Western's academic mission."

On behalf of the Gazette, Iain Boekhoff said frosh week brings a special issue that includes light-hearted content, like the teaching assistants article. He insisted he doesn't need to apologize because the article wasn't sexist and was even gender-neutral.

"I don't regret publishing it," Boekhoff said. "I regret that it caused offence to so many people, and it wasn't well received by some people."

As for the word "stalk," Boekhoff said, it was never intended to be taken literally and the Gazette's readership would understand that.

"Facebook stalk" is a common term for students and is not a malicious term in any way," he said.

MIKE DONACHIE/METRO IN LONDON, ONT.

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### Quoted

"If you're talking about sexual harassment on campus as a how-to list, this is a real problem that exists every day."

Diana Tamblyn, London, Ont., marketing professional and cartoonist

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# Police chiefs not yet asked to endorse public inquiry

**Tina Fontaine's death.** Murder and disappearance of aboriginal women on law enforcement's radar, says police-chief association head

The head of the Canadian Association of Chiefs of Police says the number of missing and murdered aboriginal women is "on the radar" of the country's law enforcement leaders.

But Chief Const. Jim Chu of the Vancouver Police Department, who is the association's outgoing president, avoided taking sides in what has become a politicized debate over the need for a public inquiry.

Hundreds of the nation's top officers gathered Monday for their annual general meeting in Victoria, where Chu said the association's policing with aboriginal people committee had already met for a couple of days to discuss the issue.

"They've had an extensive discussion on it," said Chu, referring to the committee.

"One thing that hasn't happened is the groups that are calling for the national inquiry have not asked us to support their request.... The details on the nature of the request and the nature of the inquiry, we need to get them."



Chief Constable Jim Chu, president of the Canadian Chiefs of Police  
TORSTAR NEWS SERVICE FILE

Chu said the association will reach out to the Native Women's Association of Canada to get those details.

"And then we'll come out with a position," said Chu.

Michele Audette, president of the Native Women's Association of Canada, said she would put in a call Tuesday to specifically ask for the association's support.

"I think this organization has an important role to play," she said. "We have to have them on board. They're the front line and it's not easy."

The death of teenager Tina Fontaine in Winnipeg has renewed calls for an inquiry. The 15-year-old was found Aug. 17, wrapped in a bag and dumped in the Red River. She had been in Winnipeg less than a month when she ran away from foster care. **THE CANADIAN PRESS**



## Monsoon season threatens livestock

An Indian boy swims with his cattle on Aug. 25 through the floodwaters in an attempt to direct them towards a safer location within Burhaburhi village in the northeastern district of Assam, India. Monsoon season brings rainfall that is vital to cultivating India's crops, but floods and landslides kill thousands of people each year, additionally submerging hundreds of villages annually. **ANUPAM NATH/THE ASSOCIATED PRESS**

London, Ont.

## Declared dead in 1986, missing man alive in U.S.

A man missing for almost 40 years and declared dead by the courts has been confirmed alive by the OPP.

Police discovered that Ronald Stan, who was reported missing following a 1977 fire in a rural community outside London, Ont. — later declared dead in 1986 — is alive and residing in the U.S. as Jeff Walton, now 69.

The investigation was reopened in July as part of a routine case audit.

Const. Laurie Houghton said the families have been notified, and the case is considered closed with no charges expected to be filed against Walton.

**THE CANADIAN PRESS**

Denver via Chicago

## Passengers force flight diversion

Two United Airlines passengers entered a heated argument Sunday as one prevented the other from reclining their seat, forcing an unscheduled landing of their plane.

The fight started because a male passenger was using the Knee Defender, a gadget that attaches to a passenger's tray table, which prevented the female passenger in front of him from reclining.

United Airlines prohibits the use of the Knee Defender, but the man refused to remove the device, prompting the woman in front of him to throw water in his face. The flight was rerouted to Chicago; both were left there, while the flight continued on to Denver.

**THE ASSOCIATED PRESS**



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## Iran claims it shot down Israeli drone

This undated photo, released Monday by the Iranian Revolutionary Guards, purports to show the wreckage of an Israeli drone which Iran claims it shot down near an Iranian nuclear site deep inland over the weekend, prompting questions about how a drone with limited range could have penetrated so deeply and whether it is indeed what Tehran claims it to be. A brief video, aired on the Arabic-language Al-Alam TV, shows what the channel says are parts of the drone, scattered in an unidentified desert area. The channel identified the unmanned vehicle as a Hermes 450, a known Israeli model. Iranian state-linked media previously touted Iranian-made drones that bore some resemblance to the Israeli model. British aviation expert Paul E. Eden said it may actually be an Iranian-made drone being shown in the footage. SEPAHNEWS/THE ASSOCIATED PRESS

### Dirty politics?

#### Austrian party's gnomes vanish

A leading Austrian political party has issued a garden gnome alert after 400 of its figurines disappeared over the weekend from lamp posts used in campaigning.

The Socialist Party is accusing the rival conservative People's Party of being behind the disappearances, noting that some of the gnomes have been replaced by People's Party posters.

THE ASSOCIATED PRESS

### Myanmar

#### 2 million ecstasy pills seized

Myanmar's navy seized more than two million ecstasy pills on a trawler near the Thai border in what an official said Monday was the biggest haul in the country's history.

A recent UN report said Myanmar, which only recently opened up following a half-century of military rule, has become one of Southeast Asia's biggest sources of synthetic drugs.

THE ASSOCIATED PRESS

## India. Group decries reliance on low-caste workers to clean waste

Hundreds of thousands of impoverished, low-caste Indians are still working with their bare hands to clean human excrement from open roads and millions of dry-pit latrines across the country, despite Indian laws prohibiting such work, an international rights group said Monday in urging reform.

Ancient and deep-rooted patterns of caste discrimination have kept manual scavengers, as they are known, from escaping their traditional role as waste cleaners, Human Rights Watch said in a report. Scavenging is mostly carried out by a sub-group of the dalits, an outcast community also known as "untouchables" within India's ancient system of caste hierarchies.

There is no firm number for the number of Indians still practising manual scavenging, earning as little as 1 rupee (about 2 cents) a day, or sometimes only their daily bread.

Human Rights Watch estimates there are at least hundreds of thousands manually cleaning human excrement "especially if you also count

### Out in the open

At least two-thirds of India's 1.2 billion people still defecate in the open, and many do not understand the dire public-health consequences.

- Diarrheal diseases kill 700,000 children in India every year while also contributing to widespread malnutrition and childhood growth stunting, as well as diseases like typhoid and cholera.

those cleaning train tracks, clogged drains or septic tanks. No one is counting them."

Typically, they use their hands or small straw brooms to gather the waste into cane baskets, which they then carry away on their heads.

In terms of toilets alone, there are about 9.6 million pit latrines being cleared despite laws banning dry toilets as well as manual scavenging itself, according to an estimate given earlier this year by India's Supreme Court.

THE ASSOCIATED PRESS

# Liberian doctor who took experimental Ebola drug dies

### Potential vaccine.

Canada says it is working with WHO to distribute doses

A Liberian doctor who received one of the last known doses of an experimental Ebola drug has died, officials said Monday, as Canada said it has yet to send out doses of a potential vaccine that the government is donating.

The experimental vaccines are still at a Canadian laboratory, said Patrick Gaebel, spokesman for the Public Health Agency of Canada, who declined to speculate how many weeks it could be before those doses are given to volunteers.

"We are now working with the (World Health Or-

### New treatment?

Japan said Monday it is ready to provide a newly developed anti-influenza drug as a possible treatment for Ebola.

- Avigan was developed by Toyama Chemical to treat new and re-emerging influenza viruses.

ganization) to address complex regulatory, logistical and ethical issues so that the vaccine can be safely and ethically deployed as rapidly as possible," Gaebel said.

Only six people in the world are known to have received the untested drug known as ZMapp. The small supply is now said to be exhausted and it is expected to

be months before more can be produced by its U.S. maker.

A Spanish missionary priest infected with Ebola also received the treatment but died.

There was no update given on the two other Liberians who took the last known available doses of ZMapp.

Earlier, the drug was given to two Americans. After receiving medical care in the U.S. they later survived the virus that has killed about half of its victims.

Meanwhile, the family of 29-year-old volunteer nurse William Pooley, the first British citizen confirmed to be infected with Ebola, said he is receiving excellent care at an isolation ward in London's Royal Free Hospital after being evacuated from the capital of Sierra Leone.

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# First Nations learn how to map territories

**Google Maps.** Four-day Indigenous Mapping Workshop at University of Victoria starts Monday

Google Earth may soon extend its global gaze to some of the most remote First Nations territories in Canada.

Google employees will be teaching members from about 70 First Nations across the country how to chart their land on the application during a four-day Indigenous Mapping Workshop at the University of Victoria that starts Monday.

There will be two days of lectures followed by two days of hands-on training, with the goal of getting attendees to draw out their territories.

The Firelight Group, which is hosting the event, expects the maps created during the

project will be private, though First Nations may upload data online if they want to make it public.

Steven DeRoy, a director with the association, said the course will allow aboriginal groups to chart multiple items on their land and compare their relationships.

He noted that interactions between wildlife, community and water are just a few examples of the many things that can be represented on an electronic map, which, he added, are also easier to use than traditional maps.

"Historically people would have had to look at paper maps and pull out another map if they wanted to see another layer and then pull out another map if they wanted to see another theme," DeRoy said. But electronic mapping technology allows people to look at several things at once. **THE CANADIAN PRESS**

## Beyond borders

The event is supported by the Union of British Columbia Indian Chiefs. Grand Chief Stewart Phillip, president of the union, is expected to address the gathering.

- The uses of e-mapping extend far beyond simply

drawing borders around territories. Phillip said the technology could be used to document potential environmental damage occurring on First Nations lands, and to examine the consequences of accidents such as the recent Mount Polley tailings pond spill.



## California cleaning up after the quake

Cellar worker Adam Craig moves a wine barrel as he cleans up a pile of collapsed barrels in a storage room at Kieu Hoang Winery on Monday in Napa, Calif. A day after a 6.0 earthquake rocked the Napa Valley, residents and wineries are continuing cleanup operations. The earthquake adds to what has already been a difficult year for California winemakers. California is in the middle of its worst drought in decades, and the earthquake comes just as winemakers in the region are getting ready to harvest the 2014 crop.

PHOTO: JUSTIN SULLIVAN/GETTY IMAGES;  
TEXT: THE ASSOCIATED PRESS

## Auction. Rare Superman comic book fetches \$3.2M

A rare, nearly flawless copy of Superman's comic-book debut has sold for a super-powered price: \$3.2 million.

New York comics dealers Stephen Fishler and Vincent Zurzolo said Monday they submitted Sunday's record-setting bid in the eBay auction for Action Comics No. 1, the 1938 book in which the superhero first appeared. It's believed to be the highest price ever paid for a comic book, surpassing \$2.1 million for a similarly high-quality copy of the same book in 2011.

"It's hard to believe that a kid's 10-cent comic could be worth that much money, but it is Superman. That's an iconic thing," Fishler said. "It's the first time anybody saw what a superhero was like."

Created by Cleveland teenagers Jerry Siegel and Joe Shuster, Action Comics No. 1 introduces the Man of Steel's Kryptonian backstory, earthly role as reporter Clark Kent and identity as a champion of the oppressed.

**THE ASSOCIATED PRESS**

## Malta. Shipwreck yields cargo from 700 BC

Divers near a Maltese island have found an ancient ship's cargo that experts say is yielding what could be some of the oldest Phoenician artifacts.

University of Malta researcher Timothy Gambin said Monday the 20 grinding stones and 50 amphorae from the ship date back to around 700 BC.

Experts hope to find parts of the ship and other artifacts beneath the sandy seabed 1.6 kilometres off Gozo island. They say the ship probably was sailing between Sicily and Malta when it sank.

### The Phoenicians

The Phoenicians were a trading people who plied the Mediterranean from 1550 BC until 300 BC.

French National Research Agency and Texas A&M University researchers are also involved. The location of the shipwreck, discovered months ago, will be disclosed after experts finish their work.

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# Thousands pack church in St. Louis to mourn slain teen Michael Brown

## 'Break for funeral.'

Father asked protesters for a 'day of silence' on Monday to let the family grieve

The mourners filled an enormous church to remember Michael Brown — a "gentle giant," aspiring rapper and recent high school graduate on his way to a technical college.

But the funeral that unfolded Monday was about much more than the black 18-year-old who lay in the closed casket after being shot to death by a white police officer.

More than 4,500 mourners filled Friendly Temple Missionary Baptist Church in St. Louis for the service, which at times seemed like a cross between a gospel revival and a rock concert. The emotional service sought to consecrate Brown's death as another in the long



Lesley McSpadden, the mother of Michael Brown, cries during her son's funeral at Friendly Temple Missionary Baptist Church in St. Louis on Monday.  
RICHARD PERRY/NEW YORK TIMES/THE ASSOCIATED PRESS

history of the civil rights movement and implored black Americans to change their protest chants into legislation and law.

The Rev. Al Sharpton called for a movement to clean up

police forces and the communities they serve.

"We're not anti-police. We respect police. But those police that are wrong need to be dealt with just like those in our com-

munity that are wrong need to be dealt with," Sharpton said.

Sharpton also took the black community to task, saying it should be as upset about black-on-black crime as it is about

police violence: "We have to be outraged by our disrespect for each other."

"Blackness," he added, "has never been about being a gangster or a thug."

## Call for action

"Show up at the voting booths. Let your voices be heard, and let everyone know that we have had enough of all of this."

Eric Davis, a cousin of Michael Brown's.

Brown's death fuelled nearly two weeks of street protests in the St. Louis suburb of Ferguson. But the teen's father, Michael Brown Sr., asked protesters to observe a "day of silence" on Monday to let the family grieve.

At the Ferguson Police Department, where a small but steady group of protesters have stood vigil for two weeks, a handmade sign announced a "break for funeral."

Brown was unarmed when he was shot on Aug. 9 by officer Darren Wilson. A grand jury is considering evidence in the case, and a federal investigation is underway. **THE ASSOCIATED PRESS**

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IWK Health Centre

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Saturday, September 6 (10 a.m. - 3 p.m.)

IWK Health Centre

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## Poll. Students need to get an education on actual costs of a post-secondary education

Post-secondary students grossly underestimate the cost of school, not to mention how much support they'll need from their parents, a new survey shows.

The online poll, conducted in July for CIBC, found that 67 per cent of parents were willing to pay for two-thirds of their children's post-secondary education while, on average, their kids believed their parents were footing only a third of the bill.

But in a twist — 41 per cent of students surveyed still thought their parents were paying too much. Those respondents said parents should only be covering a quarter of the cost or less.

On average, parents expected the entire cost of each child's post-secondary education would be \$64,300.

"Part of the disconnect between parents and their children is likely that students aren't accounting for all of the costs beyond

**Whaaat?!!**

# \$64,300

On average, parents expected the entire cost of each child's post-secondary education would be \$64,300.

tuition," said the head of CIBC's online brokerage.

Millennials aren't fully cognizant of the true cost of a degree or diploma, she said.

"The conversation between parents and students about the full costs of education, and how to pay for it, needs to start long before the first tuition payment is due."

"While it's clear from our polling that parents want to help pay for their children's post-secondary education, in most cases they are taking on the lion's share of a rapidly rising expense — and covering far more than their kids realize," she said.

THE CANADIAN PRESS

# Do you want a Whopper with that double-double?

**Well, too bad.** While Tim Hortons and Burger King may merge there is 'zero chance' of cross-over at the two fast-food chains

**Brewing up big biz**

- Burger King**  
Established in 1954. Headquarters are currently in Miami, with a market capitalization of \$11.03 billion US, according to FactSet. It has more than 13,000 restaurants in 98 countries and territories globally.
- Tim Hortons**  
Established in 1964. Headquarters are currently in Oakville, Ont., with a market capitalization of \$10.96 billion US, according to FactSet. It has more than 4,500 restaurants in Canada, the U.S. and the Persian Gulf area.

THE ASSOCIATED PRESS

ahead with a deal.

Jim Danahy, chief executive of consultancy CustomerLab, says the deal makes sense for Tim Hortons, given that the company has made it clear that it needed a partner on the ground in the U.S.

"They acquire, with this merger, access to the franchisees who own and operate more than 3,500 restaurants in the United States," Danahy said.

"It's access to the people who understand the U.S. market, infrastructure, distribution. It's not an insignificant benefit, and it's one that management said they were looking for."

Despite the sense of patriotism many Canadians may feel while drinking Tim Hortons coffee, the company has been owned by a large U.S. chain before. It was purchased by Wendy's International Inc. in 1995 and spun off from Wendy's in 2006 after

becoming a publicly listed company.

But while Tim Hortons dominates the Canadian coffee market, it has struggled to find success in the U.S., and has faced increasing competition at home in recent years from Starbucks Corp. and McDonalds Corp.

After taking over the top job last year, Tim Hortons chief executive Marc Caira launched a wide-ranging review of the company's priorities and ideas that could boost its reputation with both domestic and international consumers.

Tim Hortons has since added new menu items such as a crispy chicken sandwich and side dishes to boost breakfast and lunch sales. But that doesn't mean customers should expect to get a Whopper with their double-double if the deal goes through.

"There's zero chance you'll see Tim Hortons coffee in Burger King restaurants — Tim Hortons is not a well-known brand in the United States, it's not like you're putting Starbucks in there," Danahy said.

"It would have zero benefits for Burger King. It would only serve to make it more difficult for the owners of the company to sell off one or the other at some point in the future (and) that's what private equity is there to do."

If there was a deal, Burger King would be able to shave its U.S. tax bill in what's called a tax inversion, a move that has become increasingly popular among U.S. companies trying to cut costs. Tim Hortons actual tax rate so far this year has been about 28 per cent, up from about 26 per cent last year, increased in part because of its higher long-term debt, which isn't eligible for a full tax benefit.

In an inversion, a U.S. company reorganizes in a country with a lower tax rate by acquiring or merging with a company there. Inversions allow companies to transfer money earned overseas to the parent company without paying additional U.S. taxes.

THE CANADIAN PRESS

### Hacker group

## Sony's PlayStation network hacked

Hackers infiltrated Sony's PlayStation Network and disrupted the travel plans of a top company executive by going on Twitter to suggest that there was a bomb on his American Airlines plane.

Sony Corp. says American cut short the executive's flight on Sunday and made an unplanned landing in Phoenix.

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### Market Minute



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Left: Getty Images; Right: The Associated Press file

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# ARE THEY SINGLE? MAYBE, UM, ASK

If you're scrolling and swiping through an online dating site or app it's easy to assume that the men and women on screen are in fact available (or at least they're pretending to be) but what happens when you lock eyes with an attractive stranger in real life?

Married couples wear rings as a sign of commitment and to show the world that they're off the market, but there isn't really a universal indicator for available men and women to use to advertise that they're single and ready to mingle.

Back in 2013, Rina Mardahl and Rob Young launched MY Single Band in an attempt to create a wedding ring equivalent for singletons. The colourful silicone wristbands were designed to help men and women indicate their relationship status and attract potential mates. In a press release, Mardahl and Young claimed the bands — priced at around \$10 a pop — were “the future of dating” and



**SHE SAYS**  
**Jessica Napier**  
metronews.ca

would “increase new encounters, lower the fear of first introductions, and suit busy modern lifestyles.”

Unfortunately, it seems the masses weren't inclined to wear their hearts on their sleeve, or on their wrists. One year later, the mysingleworld.com website is offline and I think it's safe to say that the not-so-subtle wristbands didn't exactly revolutionize the dating landscape in the way the creators had hoped.

Perhaps MY Single Band didn't take off because the product looked so similar to the ubiquitous Livestrong bracelets and other charitable accessories. Or perhaps it was because most people don't want to appear desperate by wearing a brightly coloured rubber

wristband that screams “I'm Single!”

Even online, a large percentage of Facebook users choose not to indicate whether they are “Single” or “In a Relation-

**Who knew rubber bracelets wouldn't be cool forever?**

Unfortunately, it seems the masses weren't inclined to wear their hearts on their sleeve, or on their wrists.

ship” out of privacy concerns. Personally I've never been one for public declarations of romantic availability; I just can't imagine going through a painful real-life breakup and then having to log in to my Facebook account to revise my relationship status for my entire extended social circle to see.

Ultimately the easiest way to determine if someone is available is to simply strike up a conversation. It's a daunting task to enquire after a stranger's romantic life, but you'll never know unless you try. And even if the object of your affection turns you down, getting rejected momentarily is certainly less embarrassing than wearing an obnoxious bracelet around 24-7 to broadcast your singledom.

## One in two million



**A rare blue lobster is being donated to the Maine State Aquarium.** MEGHAN LAPLANTE/THE ASSOCIATED PRESS

### Skyler the lobster avoids death by seafood-lover's special due to rare blue colouring

A lobsterman says one of his traps caught a one-in-two-million crustacean: a blue lobster.

WCSH-TV reports Jay LaPlante of the Miss Meghan Lobster Catch company caught the curious creature in Scarborough,

Maine, over the weekend.

LaPlante and daughter Meghan were hauling traps when she discovered the bright blue critter.

The story has a happy ending for the lobster. Meghan says she is naming it Skyler and donating it to the Maine State Aquarium, far from any dinner rolls or pats of butter.

The aquarium says it has three other blue lobsters and an orange one.

LaPlante says it's the first time he has caught a blue lobster.

**THE ASSOCIATED PRESS**

### More special than Skyler

According to Wikipedia, lobsters change in colour because of a rare genetic mutation.

- Even rarer is the yellow lobster, the mottled black and orange lobster, the hermaphrodite chimera lobster and the rarest of the rare crustaceans — a colouring found only once in every 100 million lobsters — the albino lobster.

## METRO AUGMENTED REALITY

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## MetroTube

**Da na na na  
na na na na ...**



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

Sometimes it feels like we'll never crest Peak Batman — that we're stuck with “not the \_\_ we need, but the \_\_ we deserve” forever. And so on. “Why so serious?” you may ask, which is fair enough. But maybe it's time we moved on and found a new totem to bounce our darker pop-culture references off of. Because — wait — pardon me? Somebody was driving what while wearing a cape? OK, fine. The Batman obsession can stay. (YouTube/Tony Cheng)



WARNER BROS



# Breaking Bad and Modern Family get Emmy's love

## Emmy Awards.

Networks dominate top awards for shows and actors, as tribute to Williams and Weird Al parody draw raves

Modern Family won a record-tying fifth best comedy series Emmy Award and a dominant Breaking Bad captured the top drama award and a trio of acting honours in Monday's ceremony, which took a sombre turn as Robin Williams was remembered with restraint and grace by his longtime friend, Billy Crystal.

"He made us laugh. Hard. Every time you saw him," Crystal said of Williams at the conclusion of a tribute to industry members who died last year. "Robin Williams, what a concept."

Bryan Cranston was honoured as best actor in a drama for Breaking Bad, proving that True Detective nominee Matthew McConaughey's movie-star appeal couldn't conquer all.

"I have gratitude for everything that has happened," Cranston said. His victory ties him with four-time best drama actor champ Dennis Franz. Cranston's co-stars Aaron Paul and Anna Gunn were honoured in categories for best drama supporting acting.

"Thank you for this wonderful farewell to our show," creator Vince Gilligan said of the series about a teacher-turned-drug kingpin that ended with a bang.

The Good Wife star Julianna Margulies won the Emmy for best lead actress in a drama series. "What a wonderful time for women on television," Margulies said.

McConaughey was the object of too-handsome jokes by presenter Jimmy Kimmel and adoration by winner Gail Mancuso, honoured as best director for an episode of Modern Family.

"If you don't mind, Matthew McConaughey, I'm gonna make eye contact with you right now," she said from the stage, making good by holding the actor's gaze for much of her speech.

The ceremony honouring



Weird Al Yankovic performs a parody routine about the top nominees. Musical numbers usually look out of place at the Emmys, and this one was no different. GETTY IMAGES, ALL AR PHOTOS ASSOCIATED PRESS UNLESS OTHERWISE INDICATED



Julia Louis-Dreyfus, best comedy actress for Veep. ASSOCIATED PRESS



Billy Crystal offered a tribute to Robin Williams. GETTY IMAGES

the best of TV wasn't shy about playing the movie-star card. "Six minutes to Woody Harrelson" flashed on screen during Colin Bucksey's acceptance speech for best miniseries direction for Fargo.

Harrelson and his True Detective co-star were given time to banter before announcing that Benedict Cumberbatch of Sherlock: His Last Vow was the winner of the best miniseries actor award.

"So you won Oscar, (People magazine's) Sexiest Man Alive and now you want an Emmy, too. Isn't that a little bit greedy?" Harrelson teased his fellow nominee.

Fargo was named best

miniseries, and the award for best miniseries actress went to Jessica Lange of American Horror Story: Coven.

Buffering the miniseries awards was a parody routine about top nominees by Weird Al Yankovic. Musical numbers usually look out of place at the Emmys, and this one was no different. Other scripted banter fell flat, although host Seth Meyers kept soldiering on.

CBS' The Big Bang Theory star Jim Parsons was crowned as best comedy series actor, giving him his fourth Emmy and putting him in league with all-time sitcom winners Kelsey Grammer and Michael J. Fox.

ABC's Modern Family,

which tied Frasier as the all-time sitcom champ with five statuettes, also captured a best comedy supporting actor trophy for Ty Burrell.

Allison Janney was honoured as best supporting comedy actress for CBS' Mom, adding to the trophy she'd already picked up as guest actress on Masters of Sex.

Julia Louis-Dreyfus, who received her third consecutive best comedy actress Emmy for the political comedy Veep, drew big laughs as she stopped to exchange faux heated kisses with Cranston, who earlier was her co-presenter and who appeared with her on Seinfeld.

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## AUGMENTED REALITY

→ Think their costumes are over the top? Scan this code with your Metro News app to see some of the looks that graced the Emmy Awards' red carpet this year!



→ See the full instructions on Metro's Voices page.

## On top of TV

Here are the key winners. For full list, go to metro.ca.

- **Drama Series.** Breaking Bad, AMC
- **Actor, Drama.** Bryan Cranston, Breaking Bad
- **Actress, Drama.** Julianna Margulies, Good Wife
- **Supporting Actor, Drama.** Aaron Paul, Breaking Bad
- **Supporting Actress, Drama.** Anna Gunn, Breaking Bad
- **Comedy Series.** Modern Family, ABC
- **Actor, Comedy.** Jim Parsons, Big Bang Theory
- **Actress, Comedy.** Julia Louis-Dreyfus, Veep, HBO
- **Supporting Actor, Comedy.** Ty Burrell, Modern Family
- **Supporting Actress, Comedy.** Allison Janney, Mom

## Milestone moments

- **Jim Parsons of The Big Bang Theory.** Best comedy actor for a fourth time, tying him with Kelsey Grammer and Michael J. Fox.
- **Bryan Cranston, Breaking Bad.** Best drama actor for the fourth time, tying him with drama champ Dennis Franz.





Taylor Swift ALL PHOTOS: GETTY IMAGES

## Lena helps gal-pal Taylor get Swift about what it means to be a feminist

It's a regular old gal-pal love-fest between Taylor Swift and Girls creator Lena Dunham, who just can't say enough nice things about each other. Swift insists that her evolving views on feminism are all thanks to her friendship with Dunham. "As a teenager, I didn't understand that saying you're a feminist is just saying that you hope women and men will have equal rights and equal op-

portunities. What it seemed to me, the way it was phrased in culture, society, was that you hate men," Swift tells the Guardian. "Becoming friends with Lena — without her preaching to me, but just seeing why she believes what she believes, why she says what she says, why she stands for what she stands for — has made me realize that I've been taking a feminist stance without actually saying so."

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

**Oops! Katy did it again — and Britney loved it**



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Metro in Hollywood

Some things never change, like Britney Spears' ridiculous fashion sense. What seemed like a terrible idea 13 years ago — matching all-denim ensembles — is still a terrible idea, as Katy Perry proved at the VMAs, teaming up with rapper Riff Raff to don a dress and suit made from poor, mistreated blue jeans in homage to Spears and then-boyfriend Justin Timberlake's infamous red carpet look from the VMAs in 2001. So what did Spears



think of the tribute? You might be shocked to learn that she's totally into it. "Just when I thought the denim dress had retired....you bring it back! You looked amazing," Spears tweeted at Perry.



Lindsay Lohan

## Lohan's party spree goes to hell in an unfilmed bucket challenge

Recent reports suggested that Lindsay Lohan had been reaching out to her sober friends, but maybe it was just to taunt them. The on-again, off-again party girl has been on a spree, apparently, hitting four nightclubs in two different countries in one week, according to Radar Online. Lohan started her week enjoying herself at London's swanky Chiltern Firehouse until 3 a.m. and was all smiles when she snuck out the kitchen door.

But then she headed to New York, where her revelry didn't go as well. On the first night, she hit up club Up & Down, where she reportedly tried to do an ALS Ice Bucket Challenge video — except no one was filming it. Then at two separate nightclubs, Lohan pitched a fit when she couldn't get the table she wanted, according to sources. Looks like she was onto something with her whole "I want to move to England permanently" thing.

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"A career at Admiral allows me time to master my downward dog."

Adrienne

## Mokey Domestic Long Hair

Four-year-old Mokey has had a less than stellar life so far... enduring a lot of disruption in her young life. She has been in the care of one of our foster parents to help her understand that people can be loving and trustworthy. Mokey needs a patient guardian who understands that building relationships takes time but we are confident she will settle comfortably once she knows she's found that special forever home where she can finally relax and let her true personality emerge.

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# The roots of bad hair days

## Emotional well-being.

Are we being shallow when our mane affects our mood, or is the feeling more complex?

IZABELA  
SZYDLO  
life@metronews.ca

You can curl it or straighten it, gel it or leave it loose, cut it short or let it grow — all depending on your mood.

Hair is a huge part of our identity, so it is no surprise that a bad hair day can leave us feeling pretty low.

“Understand that this isn’t superficial,” says Dr. Vivian Diller, a clinical psychologist in New York. “I always remind people that we are raised to associate a head of hair with health, and lack of hair with illness. So, bad hair days actually do make us feel bad.”

“Bad” may be an understatement. A Yale University study of men and women ages 17 to 30 concluded that even the thought of a bad hair day made both genders believe they weren’t as smart as others.

Socially, men said they felt more nervous and less self-confident, while women reported feeling embarrassed, ashamed and self-conscious when experiencing bad hair days.

Diller attributes these differences to gender identity.

“The commonality of having a bad hair day is people feel out of control,” she says.

“Men have a bit more comfort with bad hair days because their identity is more rooted in power. Women’s identity, while they have worked very hard to combat it, still goes back to their appearance. That’s probably hard-wired because of the role that we played in the sur-



Did you know that gender roles play into how women and men feel during bad hair days? iStock

vival of the species. Women’s role was to attract a mate and procreate. Men’s role was to take care of everybody.”

And while Diller says the old adage “what’s on the inside counts” is true, so is another saying: “When you look good you feel good, but when you feel good you also look better,” she says. “There is definitely a feedback loop.”

Does that mean we have become a more narcissistic society? Diller doesn’t think so. Instead, she says what has changed is our accessibility to images of “perfection,” which plays into our mental crises

when our hair refuses to be tamed.

“Hair has always been important,” she says, referencing historical figures like Cleopatra with her jet-black tresses and Samson, whose strength was dependant on his locks.

“But the fact that we have social media and imagery that can be altered by the everyday person has put a kind of pressure on looking perfect. If a bad hair day feels like it is going to ruin your whole day or self-esteem, then you are falling victim to this idea that to feel good, we have to be flawless.”

Tara Gosling, Toronto-based

stylist at Small Talk Barber Shop and Salon, and Jezreel Batson, a barber who owns JB Barber Design in Scarborough, Ont. regularly deal with clients singing the hair day blues.

Gosling says it’s vital to remember that a bad hair day is exactly that. “You have to remind yourself that what you’re feeling is in your head, and it’s temporary,” she says. “All it takes is one person to change it with a compliment because what you feel doesn’t always reflect what you look like.”

Batson, meanwhile, recommends recognizing that while hair is an important part of

## Tame your mane

Gosling and Batson share their tips to minimize bad hair days.

- **The cut.** “Your hair will change day to day, depending on heat, humidity and the type of shampoo and products you use. But having a haircut that actually suits your lifestyle is key,” says Gosling.”
- **Consistency.** “Find some sense of consistency with what you feel comfortable with in terms of your style,” says Batson. “Every once in a while it’s good to be edgy or trendy, but ... usually bad hair days have to do with something that’s gone astray from the norm.”
- **Focus on other features.** “Putting your hair up shows more of your face, so you can highlight that,” says Gosling.
- **Products.** “Products are important because they play a role in terms of hair health,” explains Batson. “It’s important that you know what ingredients you’re putting in.”

who you are, it isn’t your entire identity. “Having the ability to utilize hair as a component of self-expression adds to a person’s holistic well-being,” says Batson. “However, being in an industry of trends, I know expression is based on what someone is feeling at the moment, not who the person truly is. Because it can be so easily altered, expression through hair is fleeting — just like a bad hair day.”

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# Imitation is the sincerest form of flattery — and it tastes good, too

## Health Solutions

### Vegan is not synonymous with bland or boring



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

Talk to Michael Abramson, owner and operator of Yamchops, Toronto's first vegan butcher shop, and he will tell you that he doesn't feel like a weirdo anymore.

While only "six per cent of Canadians call vegetarianism their way of life, 35 per cent of us incorporate meatless meals three days per week or more," he says.

It is a growth market with famous vegans like Bill Clinton, Ellen Degeneres, Paul McCartney and Gwyneth Paltrow lending their voices to the movement.

Needless to say, moving in the direction of plant-based eating is well known, well supported and now, well, delicious.

Abramson's tips for moving in this direction include:

- Make vegan foods familiar in mouth feel and taste to traditional

foods.

- Focus on flavour and intensity; bland is brutal in any cuisine.

- Look for the fourth generation of soy: HME (High Moisture Extrusion), which is a soy and pea protein product ready to address any taste.

- Think about cold-press juicing. Cold pressing preserves all of the enzymes and nutrient as no heat, pasteurization or friction interferes with the living tonic.

If you are new to plant-based dining, Abramson suggests that you experiment and explore.

Check out ethnic markets for new greens and beans and seek inspiration at places like Yamchops and liven up your regular meals with it.

You can benefit from the experience of those who have come before you.

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO.**

**SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



**START TO FINISH ABOUT 10 MINUTES**

This recipe serves four. THERESA ALBERT

### Tuna-less Tuna Sandwich. If you're looking to explore vegan dishes, this is a great starting point

**THERESA ALBERT**

myfriendinfood.com

This high-nutrient, high-protein mixture tastes almost like tuna salad.

It is a great make-ahead item that can be added to sandwiches or salads for a

complete meal.

It is also a great way to start working more plant based food into your day.

1. Soak chickpeas overnight (approximately two cups if soaking) or use

canned. If using dry, drain and cook in lightly boiling water until tender.

2. Mash chickpeas with a potato masher to break them up to "tuna" size pieces.

3. Add onion, celery, pickles and capers and mix well. Add nori, salt and pepper, veganaise and mix.

4. Store in fridge up to 3 days. Use as sandwich filling or salad toppings.

**RECIPE COURTESY OF YAMCHOPS VEGAN BUTCHER (YAMCHOPS.COM).**

#### Ingredients

- 3 cups cooked chickpeas (or canned)
- 2 tbsp finely diced red onion
- 1/2 cup finely diced celery
- 1/4 cup chopped pickles
- 1/4 cup rinsed capers
- 2 tbsp nori flakes
- 1 tsp sea salt
- 1/2 tsp black pepper
- 1/2 cup veganaise or mayonnaise

### FLASH FOOD

From your fridge to your table in 30 minutes or less



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

## Real deal: Fish BLT Pita

1. Heat oven to 350 F. Line baking sheet with parchment.

2. In skillet over medium, cook bacon until crisp, then transfer to paper towels to drain.

3. In bowl stir basil, mayo and lemon juice. Set aside.

4. Season fish with salt and pepper. On sheet parchment, combine flour with paprika. On a second sheet of parchment, spread panko. In a shallow dish, lightly beat egg whites.

Coat fish first in flour mixture, then dip it in egg whites, letting excess drip off, then dredge in panko, coating well.

5. In nonstick skillet over medium-high, heat 1 1/2 tablespoons of oil. Add fish and cook until lightly browned on bottom, 2 minutes. Turn fish, add remaining oil and cook until golden on the second side, about another 2 minutes.

6. Transfer fillets to one end of the prepared baking sheet.

Wrap pita rounds in foil and place at the other end of baking sheet. Bake 5 minutes, or until the fish is just cooked through.

7. To serve, spread some basil mayo on the cut sides of pita rounds. Top 4 of the rounds with piece of bacon, broken in half, a piece of fish, followed by some sliced tomatoes, a piece of lettuce and second pita round, mayo side down. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

#### Ingredients

- 4 slices bacon
- 1/2 cup basil leaves, finely chopped
- 1/2 cup light mayonnaise
- 4 tsp lemon juice
- 4 small tilapia fillets
- Salt and ground black pepper
- 2 tbsp all-purpose flour
- 1 1/2 tsp smoked paprika
- 3/4 cup panko bread crumbs
- 2 large egg whites
- 2 1/2 tbsp extra-virgin olive oil
- 4 small whole wheat pita pockets, halved to form 8 rounds
- 1 tomato, sliced 1/3 inch thick
- 2 large romaine lettuce leaves, halved crosswise



# CONTINUING EDUCATION

## Building your own education

Kyle Klein had long been interested in working in the world of emergency response. Over the years, the 25-year-old Toronto native had worked in security, medical response and health and safety, so when he saw that the G. Raymond Chang School of Continuing Education at Ryerson University in Toronto was offering a certificate program in disaster and emergency management, he signed up.

"It took all of those experiences and tied them together," Klein said.

The program also did so without interrupting Klein's day-to-day work as assistant emergency planner for the city of Vaughan, as the courses and class work were all online. Klein graduated from the disaster and emer-



Kyle Klein. STEFANIA SECCIA/FOR METRO

gency management certificate program in June and landed the role of manager of emergency planning at Kwantlen Polytechnic University.

"Being able to learn online made all

the difference," Klein said. "It would have been difficult for me to find the time to schedule the course work hours with my work obligations."

Klein's situation is not uncommon — an adult with a full-time job looking to expand his work skills through continuing education. That's why many colleges and universities offer a variety of ways to access continuing education.

"We offer flexible delivery when it comes to learning," said Marie Bountrogianni, dean of the Chang School. "We have 70,000 registered continuing education students per year and we provide the largest number of courses online."

But customizing learning is more than classes online versus classes in a classroom. You can also blend those two options, be print-based or simply vary the number of courses you take at a given time to complete a certificate.

That flexibility extends to the big picture, too.

"If an adult learner is working towards a certificate, and then something in their life changes, the credits earned can be applied to a degree, too," Bountrogianni said. "You aren't necessarily going to have the same job all your life anymore. Approximately half of our students already have degrees, but they want to improve, they want the skills the market needs."

— Jacqueline Kovacs

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## Learn and dream in French

*Intensive programs at Université Sainte Anne*

The full-time, intensive French program at Université Sainte Anne will allow students to achieve their goal of bilingualism faster, which could lead to more stable jobs and higher salaries.

This program is perfect for busy individuals who may need French as an obligation for their job but don't have the necessary time for learning.

"The intensive program allows students to experience a fully immersed environment," says Neda Ghaferi, French language training adviser at Université Sainte Anne. "Six hours a day will enable them not to only learn French, but also to dream in French."

The full-time intensive program runs Monday to Friday and students will immerse themselves in the language for six hours a day, totalling 30 hours per week.

"It's intense and everyone is expected to speak French only after weeks of training," Ghaferi says.

The sessions are five weeks long and are



SHUTTERSTOCK

offered all year round.

Université Sainte-Anne is the only French-language post-secondary institution in Nova Scotia and offers both full- and part-time French language training taught by some of the most experienced teachers in the region.

For more information about the full-time programs, call 902-424-1164, or visit [usainteanne.ca/clts](http://usainteanne.ca/clts).



# Do something you're passionate about

*School can help you reach your second career*

Is it possible to switch careers from performing audits and preparing financial statements to de-boning a chicken, creating the perfect meringue, and chopping vegetables into uniform-sized pieces?

That's the plan, says Celia Clutton, 28, of Mississauga, Ont., who enrolled in Le Cordon Bleu Culinary Arts Institute in Ottawa last June.

Clutton's post secondary education started at York University in Toronto several years ago. She studied accounting and then earned her chartered accountant designation from the Canadian Institute of Chartered Accountants. But after working for a few years, Clutton realized it wasn't what she wanted to do long-term.

Now she's working towards Grand Diplôme® at Le Cordon Bleu Ottawa — and setting her sights on a career in the food business. Her goal is to work for a catering company or large hotel and eventually start her own catering company — where she will combine her cooking and finance skills.

## LE CORDON BLEU: AT YOUR SERVICE

Le Cordon Bleu is a famous culinary arts school that was founded in Paris in 1895. Today, it is an international network of culinary arts and hospitality institutes. At the Ottawa campus, students may obtain the internationally recognized Grand Diplôme® in less than a year. For more information, visit [lcbottawa.com](http://lcbottawa.com).

"I love French cuisine, and I thought it would be the best foundation for me in terms of starting a career."

One of the reasons Clutton enjoys the classes is they're small, and there's a lot of one-on-one time with the chef instructors.

"I had some 're-learning' to do ... I learned how to cut an onion properly and how to dice faster.

"In the pastry class, they teach you how to



Celia Clutton. CONTRIBUTED

make everything from pies to cakes without relying on thermometers or mixers. Everything's by hand in the first level, and I think that's the best way to go."

Clutton's love of food and cooking came early. At age nine she watched the Food Network after school, often asking her mom to

pick up groceries on her way home from work and then cooking the family a meal.

"I believe if you do something you're passionate about it's never going to be a job. You'll always wake up wanting to go to work and looking forward to the next day, and that's how I feel."

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# Good spot for some green

**Woodside.** Dartmouth Lawn Bowls Club is just one of many recreation facilities, along with trails, parks, centres

**TOM  
MASON**  
For Metro

Dartmouth Lawn Bowls Club opened in Woodside in 1987 to great fanfare, including a ceremonial first bowl delivered on the club's artificial turf by then mayor John Savage. Today, the 27-year-old club and its well-used pitch are an important recreation facility for Woodside.

The club is supported by more than 100 members who play weekly games and host a number of tournaments every year. The land is owned



The Dartmouth Lawn Bowls Club has become a fixture of the Woodside community in recent years. TOM MASON/FOR METRO

by the Halifax Regional Municipality, which allows its use free of charge. Club members pay for the facilities and for the upkeep of the artificial turf through their annual dues.

The Dartmouth Lawn Bowls Club is one of a growing num-

ber of recreation facilities located in Woodside. Along with forested parks and an urban trail system that connects with the TransCanada Trail, there are also several new parks under development, particularly in the new Russell Lake West area. The largest is

a 14-acre parcel along Baker Drive directly across from the Kent Homes store.

District 3 Coun. Bill Karsten said the new parkland is part of the development agreement for Baker Drive.

"The original agreement called for approximately 10 per cent of the land under development to be set aside for parkland, playgrounds and green spaces," he said. "We're looking at uses for that land now."

Other recreation assets in Woodside include the North Woodside Community Centre — a converted school that was saved from demolition by a group of community volunteers in 1993. Today, the centre provides a home to a long list of activities including bingos, craft shows, floor hockey, yoga, dance lessons, Zumba, martial arts and quilting.

## Petstuff On The Go. Pet shop part of a group that gives back

For pet owners in HRM, Petstuff On The Go in Woodside provides a convenient home delivery service providing pet food and supplies to hundreds of residents in HRM.

But the Pleasant Street pet store and grooming service is also a part of one of the most unique non-profit organizations in the city.

Affirmative Ventures was founded in 1992 by Dr. Norman Greenburg, a psychologist at the Nova Scotia Hospital in Woodside, as a way to provide employment, training and other community services for Nova Scotian mental health consumers. The organization's original purpose was to provide workplaces where



Pleasant Street is in the heart of the Woodside community. TOM MASON/FOR METRO

people with mental health issues could gain hands-on work skills they needed to find jobs in the community.

Today, Affirmative Ven-

tures operates a number of businesses in HRM. In addition to Petstuff On The Go, the organization runs a convenience store in a Dartmouth seniors' complex and a business called Common Values Gift and Goods Emporium that sells arts, crafts, and a variety of unique creations made by around two dozen local artists and entrepreneurs. It is also developing a \$12-million affordable housing project and commercial space called the Horizon Project.

Mike Little is Affirmative Ventures' director of planning and development. He said that from their humble beginnings in Woodside, the organization has expanded to provide services across HRM. "We're expanding our operations all the time. There's a real need for the services we provide."

TOM MASON



Councillor Bill Karsten  
District 3  
Dartmouth South - Eastern Passage

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## Rainmen sign guard Pledger

The Halifax Rainmen have been busy adding players over the past couple of days, most recently signing shooting guard Steven Pledger of Chesapeake, Va.

The deal with the six-foot-four, 224-pound player is still pending clearance from FIBA, the International Basketball Federation, a Rainmen news release said Monday.

Pledger, who averaged 16 points per game and shot 41 per cent from behind the arc while at Oklahoma University, replaces Chris Matthews of Washington, D.C., who has signed a contract to play in Russia.

"The kid is one of the best shooters I've ever seen," Rainmen owner and president Andre Levingston said in the news release. "He doesn't need much space to get his shot off, and comes well off screens."

Pledger also played in the NBA Summer League last summer for the Milwaukee Bucks in Las Vegas, and was then drafted into the NBA Development League.

The Rainmen also added four new players at the 2014 NBL Canada Draft on Sunday — Courtney Beach, Brendan Cooper, Jason Hannibal and Mike Myers Keitt.

Rainmen tickets go on sale Monday, Sept. 15.

KRISTEN LIPSCOMBE/METRO



Steven Pledger GETTY IMAGES FILE

# Sheppard making life easy for himself

**NHL.** Bluenoser finding hockey more simple to play with an emphasis on having fun



KRISTEN LIPSCOMBE  
kristen.lipscombe@metronews.ca

For San Jose Sharks forward James Sheppard, playing the game becomes simpler when he's just enjoying being on the ice.

"I was having fun playing hockey," the 26-year-old from Lower Sackville said recently of lacing up last season for the Sharks.

"The game becomes easier when you're doing that."

Sheppard tallied four goals and 16 assists for 20 points in 67 games during the 2013-14 regular season, while adding another two goals and four assists for six points during seven playoff games.

"I started playing well at the end of the season," he said at a Halifax charity event this month. "I wanted to make sure that I was on the top of my game."

The Sharks were watching. The six-foot-one, 215-pound left-winger re-signed for a third season with San Jose in early July, on a one-year contract worth reportedly \$1.3 million.

"We didn't finish the way we wanted to," he said of the Sharks being ousted in the first round by the Los Angeles Kings, falling 4-3 after winning the first three games of the series.

"But I was happy with the way I played, just because I know I gave it all for my teammates."

Keeping perspective is im-



Lower Sackville's James Sheppard re-signed with the San Jose Sharks in July. GETTY IMAGES FILE

### Quoted

"I just tried to be hard-nosed, tried to play that team game — and really just win."

Lower Sackville's James Sheppard of his 2013-14 season with the San Jose Sharks

portant for Sheppard, who underwent three surgeries after shattering his knee in a serious ATV collision in fall 2010.

He was selected ninth overall by the Minnesota Wild in the 2006 NHL Draft, but was forced off the ice for two sea-

sons while he recovered.

San Jose gave him a chance, snagging him in an August 2011 trade.

"You just have to take it in stride," Sheppard said, admitting his knee is still often sore, especially during the off-season.

That's why in addition to working out at Citadel Hill and the Halifax Common, and practising at local rinks, he's also taken time to travel and relax before heading back to San Jose.

Summer activities have included golfing in Cape Breton and participating in Chester Race Week with his family.

After all, it's the support of his loved ones, he said, that has helped him get back into the game so that he can simply "keep playing."

## After 'tough choices,' Mooseheads make final cuts

The Halifax Mooseheads have whittled their way down to the 24 players they'll "start the year with," general manager Cam Russell confirmed Monday.

After two weeks of training camp, four exhibition games and 14 previous cuts, the QMJHL franchise's final move was to send Halifax native Barrett Dachyshyn and fellow forward Dominik Blain-Dupuis of Gatineau, Que., back to their

midget AAA teams.

The Herd announced Monday that Dachyshyn, 15, will rejoin Halifax McDonald's of the Nova Scotia Major Midget Hockey League, while Blain-Dupuis, 16, has been reassigned to the Gatineau L'Interpide of the Quebec Midget AAA League.

Adjustments will be made while some players attend NHL training camps next month, including starting netminder

### Wrapping it up

The Mooseheads end their pre-season schedule with a game against the Cape Breton Screaming Eagles on Sept. 6 at the Emera Centre in North Sydney.

Zachary Fucile, who is a Montreal Canadiens prospect, and forward Nikolaj Ehlers, who

was drafted ninth overall by the Winnipeg Jets this year.

"That's why we have a few extra players, but we can also call up affiliate players ... if we're still short," Russell said.

Fourteen forwards, eight defencemen and two goaltenders remain at camp, which continues this week at Cole Harbour Place.

Time will tell how the 24 players left lacing up for the Herd will look on the ice.

"We'll soon find out," Russell said.

There were some "tough choices" to make, he said, adding remaining players are the ones coaching staff "feel comfortable starting the season with."

The pre-season schedule concludes with a game against the Cape Breton Screaming Eagles on Sept. 6 at the Emera Centre in North Sydney. KRISTEN LIPSCOMBE/METRO





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## AUGMENTED REALITY

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→ See the full instructions on Metro's Voices page.

### Horoscopes by Sally Brompton

#### ♈ Aries

**March 21 - April 20**

You would be the first to admit there have been times when you worked far too hard. Now your priority must be to respect your limits.

#### ♉ Taurus

**April 21 - May 21**

You were born with some remarkable talents but have you been making the most of them? You could have done more but you will always get another chance.

#### ♊ Gemini

**May 22 - June 21**

Don't keep your feelings bottled up inside you. Let them out so they can be dealt with.

#### ♋ Cancer

**June 22 - July 23**

Activity in the communications area of your chart will make it easy for you to find the right words — but will you use them the right way?

#### ♌ Leo

**July 24 - Aug. 23**

You need to cut through the fog of misinformation and get to the root of whatever problem it is that is bothering you. Most likely you will find it is no problem at all.

#### ♍ Virgo

**Aug. 24 - Sept. 23**

The Sun and Mercury in your sign will concentrate your mind and help you focus on what is truly important. But attitude is important too.

#### ♎ Libra

**Sept. 24 - Oct. 23**

You need to make a decision of some kind and it is the kind of decision you have to reach on your own. Not everyone will approve but that's irrelevant.

#### ♏ Scorpio

**Oct. 24 - Nov. 22**

Try to find common ground with a group of people you have not always seen eye-to-eye with in the past. You actually share many things in common.

#### ♐ Sagittarius

**Nov. 23 - Dec. 21**

The Sun in the career area of your chart will boost your professional standing in some way over the next few weeks. If a new job offer comes along you must give it consideration.

#### ♑ Capricorn

**Dec. 22 - Jan. 20**

Do you have the courage to take a different course between now and the end of the year? According to the planets there will be rewards aplenty if you do.

#### ♒ Aquarius

**Jan. 21 - Feb. 19**

Cosmic activity in the area of your chart that governs joint financial matters indicates that you could be on the receiving end of a windfall over the next few days.

#### ♓ Pisces

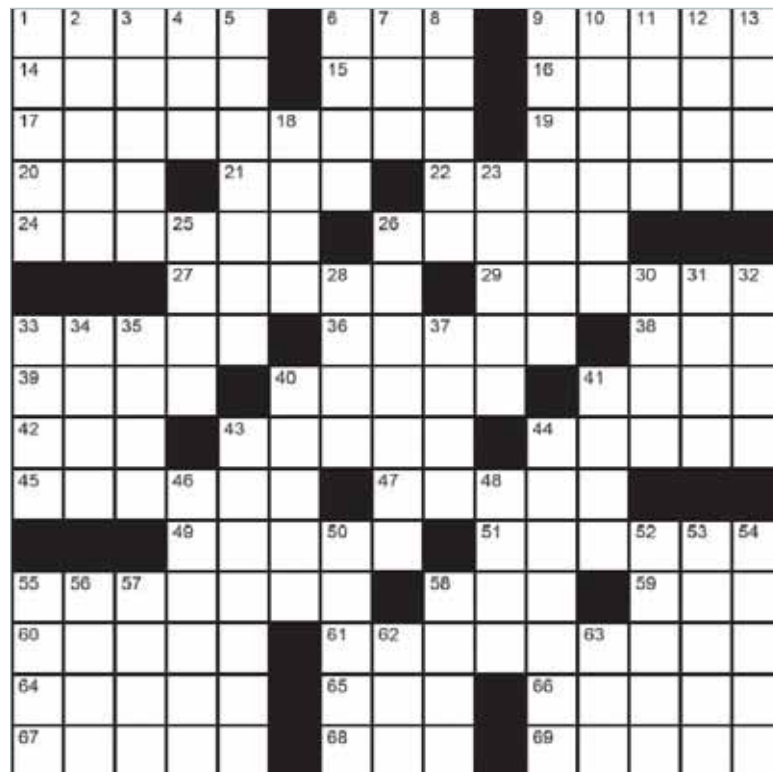
**Feb. 20 - March 20**

Let family and friends know how much you care for them. You will find it easy to say the things that bring smiles to their faces.

### Crossword: Canada Across and Down by Kelly Ann Buchanan

#### Across

1. Sheathes, as with metal
6. Floor cleaner
9. "Hart of Dixie" American cable channel, \_\_\_-\_\_\_
14. RR = \_\_\_ Route
15. \_\_\_ vaporeur (Steamed, restaurant-style)
16. \_\_\_/Grindstone Provincial Park, in Manitoba
17. ALS \_\_\_ Challenge
19. Entree enjoyer
20. Victorian \_\_\_
21. Muck
22. Cafe's cousin
24. Vancouver: Emily Carr University of Art + \_\_\_
26. Lively rhythms
27. Movie dog
29. Mount \_\_\_ (Antarctica volcano)
33. "The Facts of Life" character
36. Toronto band, Death From \_\_\_ 1979
38. Mountain extract
39. Also-\_\_\_
40. Skyfall singer
41. \_\_\_ Park, in Hamilton
42. Army \_\_\_
43. Got word
44. Dessert apple's status
45. \_\_\_ the Gopher, Saskatchewan Roughriders mascot
47. Attempt



49. How canned seafood can be packed: 2 wds.
51. Blink-182 drummer Mr. Barker
55. Detox
58. Comparative suffix
59. "It's \_\_\_

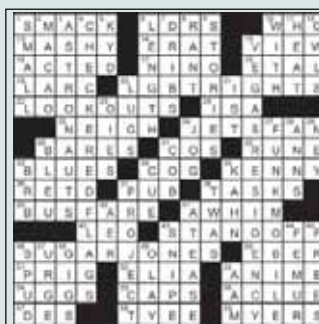
- brainer!"
60. Actress Christina
61. Ryan Reynolds 2002 National Lampoon title role: 2 wds.
64. Put one's \_\_\_ (Meddle)
65. "C' \_\_\_ la vie!"

66. Overwork
67. Squeezed, as the wet rag
68. Pi's follower
69. Grimes **Down**
1. Wept
2. Ill-gotten money
3. Domains

4. Smidgen
5. Homeruns getter
6. Kind of shark
7. Certain cheer!
8. "Because the Night" songstress Ms. Smith
9. National \_\_\_ School of Canada, in

- Montreal
10. Sad procession transport
11. \_\_\_-1, "Ghostbusters" (1984) vehicle
12. Liz Taylor role in '63
13. Hot
18. Hartford, \_\_\_
23. Student: French
25. Nile wader
26. Justin Trudeau's party
28. Will Smith's wife
30. Wild pig
31. Encourage
32. "The Bad \_\_\_" (1956)
33. Be boastful
34. Ms. Turner
35. \_\_\_-inflammatory
37. Alberta town
40. Bubbly bars
41. Spanish painter
43. Canadian magician, Doug \_\_\_ (b.1947 - d.2000)
44. Canadian Literature: Alice Munro's \_\_\_ Away
46. B-vitamin family member
48. Goulash
50. Drake's "Best \_\_\_ Had"
52. Darth of Sci-Fi
53. Sluggish
54. Varieties
55. Boast
56. Prevaricator
57. Neutral tone
58. Call \_\_\_ question
62. Grey hue
63. Nero's 61

### Friday's Crossword



#### Online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers)

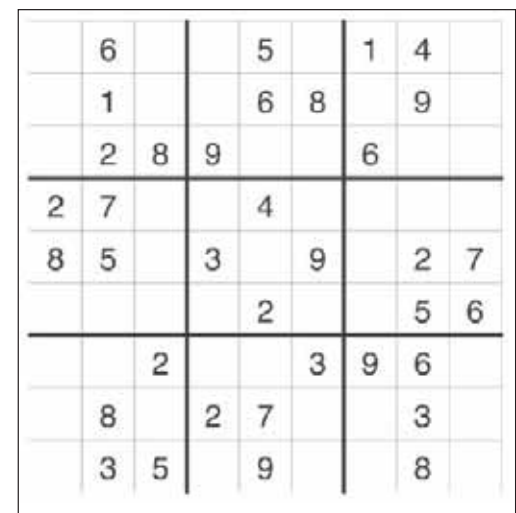


### Sudoku

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Friday's Sudoku



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